	Sovernor's
UTAH STATE OFFICE O	

Name:	Grade:	Teacher:

GOLDEN SNEAKER AWARDS

For further information, contact:
Frank Wojtech, Physical Education Specialist,

Activity Chart

Number of Minut ACTIVITY (to Get 1 Poi					
Soccer	25				
Aerobic routines (e.g., N FITKIDS, etc.)	Mousercize, 20				
Basketball (1-on-1, 2-on half- or full-court)	-2, 3-on-3, 20				
Walking	20				
Cross-country skiing	20				
Riding a bicycle	20				
Inline skating	20	2			
Hiking	20	Σ			
Jogging	15				
Swimming	10				
Jumping rope for 3 min walking for 1 minut					
Other aerobic activities your teacher:	approved by				
lce skating	20				
	20				
	20				

Target Heart Rate

Maximum heart rate = 220 — age **Resting heart rate** = Maximum heart rate — 70 **Lowest target rate** = 0.70 x maximum heart rate **Highest target rate** = 0.85 x maxium heart rate

Age	Target Heart F	Rate	Age	Target Heart Rate
5	150-183	UTAH STATE	9	148-180
6	148-180		10	147-179
7	148-180		11	146-178
8	148-180	EDUCATION	12	146-177

^{*}A simple way to figure out your heart rate is to count how many times your heart beats in 6 seconds and add a 0 to that number. (Example: 16 beats in 6 seconds = 160)

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Date	Activity		5 1	0 15		25	30	35	40
		7 6							
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